

October

St. Stephen Protomartyr

FOOD IN FOCUS



Daily alternative

Monday –Spinach Salad

Bagel & Cream Cheese

Tuesday –BLT Salad

BLT Wrap

Wednesday– Chicken Caesar

Chicken Caesar Wrap

Thursday –Taco Salad

Taco Wrap

Friday – Chef Salad

Cheese Pizza



MENU IS SUBJECT TO CHANGE

Contact our dietitian at lisa@foodserv.org for special dietary and allergy concerns.

For more information about FSC or employment opportunities, please go to www.foodserviceconsultants.org

MONDAY



Did you know?

The largest pumpkin ever grown weighed 1,140 pounds!

ST. LOUIS BLUES SPECIAL
Hockey Sticks (French Toast)
Hockey Puck (Sausage)
Goalie Fruit
Hat Trick Hash Brown **6**

Emoji Waffle
Golden Hash Brown
Sweet Strawberries
Mini Blueberry Muffin **13**

Pancake & Sausage Bites
Golden Hash Brown
Frosty Peaches
Yogurt **20**

Fluffy Pancake
Pork Sausage Patty
Fresh Blueberries
Creamy Yogurt with Granola **27**

TUESDAY

Meatball Sub Sandwich
Fresh Broccoli with Dip
Mandarin Oranges
Chilled Pudding **7**

Baked Chicken Leg
Golden French Fries
Fresh Veggies with Dip
Mandarin Oranges **14**

Dinosaur Chicken Nuggets
Fresh Broccoli with Dip
Pineapple Tidbits
Vanilla Wafers **21**

Crispy Chicken Strips
Golden French Fries
Garden Salad
Ice Cream Cup **28**

WEDNESDAY

Popcorn Chicken
Yogurt with Blueberries
French Fries
Fresh Veggies with Dip **1**

Chicken Rings
Golden Corn
Apple Slices
Sparkling Jell-O **8**

Mini Chicken Tacos
Fiesta Rice
Sweet Corn
Frosty Strawberries **15**

Pizza Quesadilla
Tossed Salad
Crisp Grapes
Cinnamon Goldfish **22**

HALLOWEEN SPECIAL
Ghoulish Hot Dog
Spider Legs (Fries)
Freaky Fruit (Fruit Cocktail)
Halloween Treat **29**

THURSDAY

Cheese Stuffed Bosco Stick
Fresh Veggies with Dip
Orange Wedges
Yogurt **2**

Orange Chicken
Steamed White Rice
Seasoned Broccoli
Vanilla Wafers **9**

Goopy Cheese Pizza
Tossed Salad
Grapes
Chilled Pudding **16**



HALLOWEEN SPECIAL
Boo Burger
Skeleton Bones (Fries)
Bat Teeth (Corn)
Witch's Surprise **30**

FRIDAY

PAPA JOHNS PIZZA pepperoni
Fresh Veggies with Dip
Apple Slices
Oven Baked Cookie **3**



PAPA JOHNS PIZZA Sausage
Fresh Veggies with Dip
Apple Slices
Oven Baked Cookie **10**



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24

PAPA JOHNS PIZZA pepperoni
Fresh Veggies with Dip
Apple Slices
Oven Baked Cookie **31**

